



Chicken of the Sea

81804000 - Cos Sld Wh Wtr 24/12

Our solid white Albacore tuna product is an all American classic, shown here in a family sized portion. The perfect versatile protein with a mild flavor, this best seller is traditionally mixed in with mayo or olive oil and served in a variety of healthy recipes, from casseroles to salads. Naturally high in heart healthy Omega-3, protein, and low in fat. For recipe ideas, visit chickenofthesea.com.



INGREDIENTS: SOLID WHITE TUNA, WATER, VEGETABLE BROTH (CONTAINS SOY), SALT, PYROPHOSPHATE.

* Benefits

66g of Protein per Can
No preservatives added
Ready-to-eat
High Omega-3 count
No carbohydrates, low in fat
Kosher

Ingredients

Solid White Tuna, Water,
Vegetable Broth (contains Soy),
Salt, Pyrophosphate.

⚠ Allergens

Contains:



Nutrition Facts

Servings per Container 4.5
Serving size 3ozdrained(85g)

Amount per serving
Calories 100

% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 210mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Store in a cool dry place

Serving Suggestions

Versatile protein, Albacore tuna is great as part of an appetizer, salad, pasta, pizza, sandwich, wrap or many other recipes. For recipe ideas visit chickenofthesea.com

Prep & Cooking Suggestions

Ready to eat

✎ Product Specifications

Brand				Manufacturer			
Chicken of the Sea				CHICKEN OF THE SEA INT			
MFG #		SPC #		GTIN		Pack	Pack Desc.
10048000002621		81804000		10048000002621		1	1 / cs
Gross Weight		Net Weight		Country of Origin		Kosher	Child Nutrition
21.4lb		18lb		USA		Yes	No
Shipping Information							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
16.2in	12.2in	4in	0.46ft3	10x10	1095DAYS	60°F / 90°F	



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Nutrition Analysis - By Serving

Calories	100	Total Fat	1g	Sodium	210mg
Protein	22	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
Total Fat		1g	1%	Sodium	210mg
Sat Fat		0g	0%	Total Carb	0g
Trans Fat		0g	0%	Fiber	0g
Polyunsat. Fat		0g		Total Sugars	0g
Monounsat. Fat		0g		Incl. 0g Added Sugars	0%
Cholesterol		40mg	13%	Protein	22g
Calories		100			40%
				Vitamin D	10%
				Calcium	0%
				Iron	6%
				Potassium	4%

